

CAMBRIDGE RECREATION SUMMER 2016

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www.cambridgema.gov/DHSP/WarMemorial

Summer 2016

1640 CAMBRIDGE ST. CAMBRIDGE MA

Table of Contents

2, 3 Information, Rules, Refund Policies, Food Policies

4 Parent Letter

5 Youth Recreation Programs

6, 7, 8 Children's Swim Lessons

9 The Sea Dawgs are coming

10 Adult Swim Programs

11 Adult Recreation

12 Senior Aqua

13 Pool Schedule

14 Facility Fees and payment options

15 Birthday Parties

16 Scholarship Request Form

17, 18 Registration Forms & Information

Summer Hours

Open 6 days a week

June 27th- August 20th

Monday – Friday: 6:15am – 8:30pm

Patrons must exit the building by 9:00pm

Saturdays: 9:30am-4:00pm

Patrons must exit the building by 4:30pm

Dates Closed

June 10 - 11 (pool only) Synchro Swim Show
July 4th

August 21 - September 5th

The facility will reopen September 6th.

The Cambridge Recreation Department telephone number is 617 349-6279.

Staff members are available at this number during regular operating hours to answer questions.

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial



1



1640 Cambridge St. Door 15
(617) 349 6279

Welcome!

Welcome to the Cambridge War Memorial Recreation Center and Frisoli Field House. We hope you will enjoy this fantastic facility. There is general information you need to know that will make your use of this facility easy and pleasant. The recreation program's entrance is located at DOOR 15 of 1640 Cambridge Street, Cambridge MA 02138. Please take the time to review our rules for use of the facility. We look forward to serving you!

Refund Policy

A full refund will be given under the following circumstances: class is canceled due to low enrollment, a medical problem arises and a physician's letter accompanies the request, or a class is fully enrolled and there is no space for you. All other requests will result in a credit to your household. Request for household credit must be made no later than the second class and only two household credits will be allowed in one calendar year (January 1 - December 31).

Food & Drink Policy

Food and drink are not allowed in the facility; with the exception of non-glass container/bottles. Coffee, juice, tea, soda, and foods of any kind are not allowed. It will be greatly appreciated by the Recreation and School Department if everyone will cooperate in keeping the center as beautiful and clean as possible. There are several sponsored events by both departments that are exceptions and contained to certain areas of the facility. Thank you again for your cooperation.

Bring a Lock

Inside the facility you will find three pools, a gym, weight room and basketball, volleyball and tennis courts. The facility also includes Men's, Women's and Family Locker rooms. There is a large volume of foot traffic in our facility. Though theft in our building is rare we do strongly suggest that you bring a lock for your personal belongings.

Gold Star Pool Closed

The Gold Star Pool will be closed for construction for the next several seasons. But don't fear! **The War Memorial Recreation Center** will offer the following specials in the Summer of 2016:

- **Extended Adult Lap Swim**
- **AM Adult Lap Swim**
- **Extended Family Swim Hours.**
- **Reduced Rate for Family Swim
of \$1.00 per person**

Please find our pool & rate schedule on pages 14 for more details.





Rules and Regulations

- All patrons are required to check in at the front desk
- Please bring proof of Cambridge residence to secure resident rate
- Please use recreation entrance, door 15 to enter and exit the facility
- The City of Cambridge is not responsible for valuables lost or stolen
- Classes will be made up if cancelled due to the weather or instructor absence
- Inappropriate behavior and use of offensive language will not be tolerated
- The Recreation Department reserves the right to make schedule changes
- The Recreation Department does not discriminate on the basis of auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policy and procedures to persons with disabilities upon request
- No males or females are allowed in the opposite sex locker room. Family changing space is available
- Children under the age of twelve must be accompanied by an adult during family swim
- Only Recreation Department staff are allowed to instruct in facility pools
- Adult lap swim is for persons of 18 years and older
- Children seven and under must be accompanied by an adult while in the pool
- Pool lanes may be pulled for other activities
- Please stay off lane lines
- Please allow lifeguards to focus on keeping the pool safe while they are on duty
- Diving may take place only in the diving well
- All children will be tested before going into the diving well
- One person on the diving board at a time
- Catching people on or off the diving board is prohibited
- No lap swimming in the diving well
- Patrons are asked to return all equipment after use
- No glass is allowed in the building
- Patrons are required to leave the facility on time
- Children who are not toilet trained must use a swim diaper
- No shoes or strollers on the pool deck
- No heels in the field house
- The only swim device allowed on a child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Speed of lane is determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer
- Circle swimming is permitted only in the lap pool
- No diving into lap or small pool
- Lifeguards and managers have final say in all pool related matters
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane
- Cleansing shower required before entering the pool
- Patrons are not allowed on the starting blocks of the lap pool
- No one may enter the pool if the lifeguards are not preset
- No running, pushing or rough play allowed
- Dogs are not allowed in the facility with exception to certified working and eye dogs

Dear Parent,

I am pleased to welcome your child into the program. To ensure the programs operate smoothly and all the children have a fun and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated.

The War Memorial is a very large building located on a very busy street, therefore we ask that children under the age of seven be accompanied by an adult. All class participants are required to check in at the front desk and check in at the pool and gym. Parents of young children may do the checking in and siblings are welcome, but are not allowed to participate unless enrolled. Non-registered children and adults are not allowed access to these facilities for security purposes. If you are interested in enrolling, or know someone that is, please approach the front desk and not the instructor as they are not part of the enrollment process.

SWIMMING

Parents are required to be in the pool during toddler/pre-school instruction. There must be one adult per child in this class. Parents of children in Level one through level six are asked to leave the pool deck due to swimmer development and pool safety. Instead, parents are invited to observe the class from the balcony. Please prepare your child in advance for this so s/he has realistic expectations.

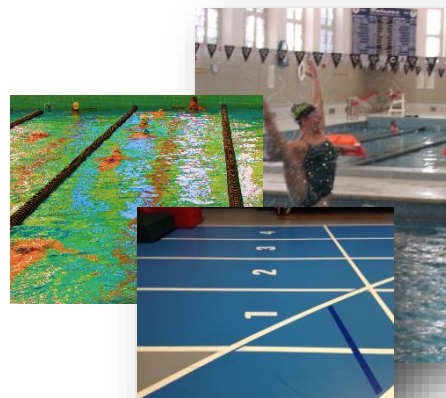
Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. If contamination happens the pool has to be closed for twenty-four hours to oblige hygienic code. Please change your child in the locker room and not on the pool deck. Only participants are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your questions to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff assigned will make the determination as to appropriate level and group.

I look forward to providing a clean, safe and challenging environment for your children this Summer. If you have any feedback, questions or concerns on the delivery of this promise please feel free to contact me directly. I can be reached by phone at 617 349-6237 or by email at acorbeil@cambridgema.gov.

Sincerely,



Adam Corbeil
Recreation and Aquatics Manager
Department of Human Services
1640 Cambridge Street
City of Cambridge
(617) 349 6237



Youth Recreation Programs

SUMMER BASKETBALL LEAGUES

"Davonte Neal Instructional League" **Co-ed ages 8-11**

Mondays and Wednesday 5:30pm Skills, 6:00 – 7:00 Games
Sennott Park (behind 243 Harvard Street)
Begins June 20th 2016

"Middle School League" **Boys 12 – 14 (grades 6-8)**

Tuesday and Thursdays 6:00 pm – 8:15 pm
Hoyt Field (off of Western Ave)
League begins July 5th 2016

"High School League" **Boys 15 – 19 (grades 9-12+)**

Wednesdays and Fridays 6:00 pm – 8:15 pm
Hoyt Field (off of Western Ave)
League begins July 6th 2016

"Sharif Moustafa Jr. League" **Co-ed ages 9-13**

Tuesdays and Thursdays
5:30pm Skill Development, 6:00pm and 7:00pm Games
Located at: Moustafa Court, 691 Huron Ave
(next to Fresh Pond Golf Course)
League begins June 21st 2016 and will run until August 11th 2016

Applications returned to:
Recreation Department
51 Inman Street 3rd Floor
Cambridge, MA 02139

For more information contact:
Bob Goodwin at:
(617) 349-6228
[**bgoodwin@cambridgema.gov**](mailto:bgoodwin@cambridgema.gov)

Learn to Ball INC.

Learn to Ball INC. is a seven week co-ed sports clinic that combines physical activities and academics. Children will learn the basics of three sports (basketball, baseball and soccer) as well as new skills through various activities and drills. Our curriculum will include 9 focus areas that are essential in the development of children and preteens both on and off the field. These focus areas are team building, nutrition, leadership, communication, accountability, commitment, perseverance, attitude, and self-discipline. For more information about the program and payment options email: learntoballinc@gmail.com

Dates: 7/9, 7/16, 7/23, 7/30 8/6, 8/13, 8/20
Times: age group 7-9 10:30-1PM 10-13 1:15-3:45PM
Price: \$150/ Scholarships available!

Registration forms, located on page 17 & 18 can be completed at The War Memorial Recreation Center located at 1640 Cambridge Street, Door 15

Or mailed to: Adam Corbeil
51 Inman Street, Floor 3
Cambridge, MA 02139

Class Code:
7-9 year olds
10:30am 1:00pm
410201-01

10-13 year olds
1:15pm- 3:45pm
410201-02



Premier Hoops

The mission of Premier Hoops is to train and nurture youth basketball players through conditioning and developing skills, while instilling the importance of setting goals, working hard, and being a good citizen. During the course of the 8-week winter clinic, your child will be instructed by former D1, D2, and D3 college players on how to improve their shooting, passing, ball-handling and much more!

Saturdays
July 2nd-August 6th
10AM-1PM

To register please contact:
premierhoops@gmail.com
www.premierhoopsters.com
[781-724-8125](tel:781-724-8125)



Session I

June 27 - July 8 (**July 4 Closed**)
2 weeks, held daily

Session II

July 11 - July 22
2 weeks, held daily

Session III

July 25 - August 5
2 weeks, held daily

Session IV

August 8 - August 19
2 weeks, held daily

At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. The skills listed for each level are from Red Cross materials. Please do not expect your child to move to the next level in one session; this is highly unlikely. Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process; please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter.

Parents are invited to observe from the balcony. Parents are allowed in the water with children only during Toddler/Preschool classes.

CHILDREN'S SWIMMING

Level I

Session I 410105-01
Session II 410105-02
Session III 410105-03
Session IV 410105-04
5:15 - 5:45 p.m.
\$70 Resident / \$75 Non-Resident

Level IV

Session I 410110-01
Session II 410110-02
Session III 410110-03
Session IV 410110-04
4:30 - 5:15 p.m.
\$80 Resident / \$85 Non-Resident

Level II

Session I 410106-01
Session II 410106-02
Session III 410106-03
Session IV 410106-04
5:15 - 5:45 p.m.
\$70 Resident / \$75 Non-Resident

Level V

Session I 410111-01
Session II 410111-02
Session III 410111-03
Session IV 410111-04
4:30 - 5:15 p.m.
\$80 Resident / \$85 Non-Resident

Level III

Session I 410108-01
Session II 410108-02
Session III 410108-03
Session IV 410108-04
3:45 - 4:30 p.m.
\$80 Resident / \$85 Non-Resident

Level VI

Session I 410112-01
Session II 410112-02
Session III 410112-03
Session IV 410112-04
4:30 - 5:15 p.m.
\$80 Resident / \$85 Non-Resident

!!NEW!!

Toddler/ Preschool Now on Saturdays!

July 2nd- August 20th

10:00 – 10:30am. 410101-01
10:30 – 11:00am. 410101-02
11:00 – 11:30am. 410101-03
\$70 Residents / \$75 Non-Residents

CHILDREN'S SWIMMING

(continued)

Toddler/Preschool

Ages: 18 months-4.5 years old

This summer Toddler preschool will operate outside of the normally scheduled sessions. **Due to popular demand it will be offered for 8 Saturdays** that span the length of our summer programming. Parents are required to participate; one child per adult. Children who are not toilet trained must wear a swim diaper.

Level 1: Water Exploration

Ages 5-11 years old

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose, and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front and back
- Use a lifejacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

- Enter unassisted, swim 5 yards with barbell, bob 5 times with head fully submerged, safely exit the water, travel along the gutter or "swim".
- Float on front with support for 3 seconds, roll to back (with assistance), float on back with support for 3 seconds.
- Jump independently, float on back with support for 3 seconds, roll to front with support, and float on front for 3 seconds with support.

Level 2: Primary Skills

Ages: 5-11 years old

Learning proper body positioning and body mechanics Level 2 participants will learn to:

- Demonstrate proper head position for freestyle and backstroke
- Rotary breathing
- Independently kick with assisted materials
- Perform arm circles with barbell
- Swim freestyle and backstroke
- Demonstrate proper safety skills

Exit skills:

- Independently swim 12 yards of freestyle
- Independently swim 12 yards of backstroke
- Kick independently with assisted device to 25 yards on front
- Streamline underwater for 5 yards
- Jump into deep water independently

Session I

June 27 - July 8 (**July 4 closed**)
2 weeks, held daily

Session II

July 11 - July 22
2 weeks, held daily

Session III

July 25 - August 5
2 weeks, held daily

Session IV

August 8 - August 19
2 weeks, held daily

CHILDREN'S SWIMMING (Continued)

Level 3: Stroke Development

Purpose: Refining level 2 skills and progressing stroke technique.

Level 3 participants learn to:

- Refine freestyle
- Refine backstroke
- Learn breaststroke kick fundamentals
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle with rotary breathing for 50 yards
- Continuously swim backstroke with proper head alignment for 50 yards
- Perform proper breaststroke kick
- Perform kneeling dive

Level 4: Stroke Refinement

Ages: 5-14

Develops confidence and endurance in skills previously learned with focus on technique. In addition to refining freestyle and backstroke, level 4 participants learn to:

- Dive
- Swim breaststroke
- Tread water
- Perform butterfly kick
- Perform open turns on front and back
- Demonstrate proper safety skills

Exit Skills:

- Successfully tread water for extended amount of time
- Perform freestyle for 100 yards
- Perform backstroke for 100 yards
- Perform breaststroke for 50 yards
- Perform butterfly kick for 25 yards
- Standing dive
- Tread water for three minutes

Level 5: Skill Proficiency

Ages: 5-14

Provides further refinement of the following strokes:

- Freestyle
- Backstroke
- Breaststroke

Level 5 participants will also learn to perform:

- Butterfly
- Front flip turn
- Backstroke flip turn
- Competition start from blocks
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle, backstroke, breaststroke, and 50 yards of butterfly
- 5 minutes of treading water

Level 6: Endurance Training

Ages: 5-14

Purpose: Refines all four strokes so students swim them with ease, efficiency, and power over greater distances. Level 6 is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo, and diving.

Exit skills:

- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly



Sea Dawg's Swim Team Fall Program



GO DAWGS!

SEA DAWGS

If you are looking for a competitive swim program for your child, consider the Sea Dawg's. Skills and technique are emphasized in this program as well as good sportsmanship and healthy competition. The season runs from October to March. Parents and children should heavily consider the commitment.

Children age 5-18 may participate in this program as long as they can swim twenty five yards of free style, backstroke, and breast stroke. The butterfly will be taught by the coaches if your child does not know the stroke. The swimmers strokes do not have to be perfect but remember this is not a learn to swim program. Strokes will be tweaked as needed and youth will be trained by coaches in a competitive setting.

Our coaches expect an attendance rate of 75% or more for practices and 100% meets. This gives swimmers chance to chart their progress and see improvements toward their individual and team goals.

Parents Volunteers are a vital part of our program.

A parent network will be set up to staff our swim meets. We do this to keep costs as low as possible for each team member. The expectation is that parents participate in 3 swim meets/ events over the course of the season and there are multiple ways to get involved.

For more information please inquire at our front desk.

Pricing and Logistics

The Cost is \$425.00 for first child and each additional child is \$225.00. The cost for girls suits is \$40.00 and the cost for boys is \$30.00. Registration and suit fitting for Sea Dawg team members and those that participated in spring practice 2016 will be as follows: Monday October 3rd for those with the last name beginning A-H, Tuesday October 4th for those with the last name beginning I-P and Wednesday October 5th with the last name beginning Q-Z. The time is 5:30-7:30 pm. Please do not come in on a day other than what has been assigned. This is a busy time for the front desk as well as for the person helping with suit fitting. Please fill out your registration form in advance and be ready with your child's bathing suit size. Knowing the approximate size in advance will help save time. The suits provided for try on are limited to one per size and they are not team suits so they must be returned so other participants can use them. Please have your child prepared to swim after the suit try on so they can be assigned to their group and coach. They must bring their own suit. The final day for Sea Dawg registration will be on October 9, so please plan accordingly.

Tryouts for new members will be on Wednesday, October 5th and Friday October 7th from 6:15-7:15pm. If your child is told they have made the team you can register and try on a suit. They will also receive a practice schedule. Meet schedules are not available as of this printing.

Adult Swim Lessons

CLASS I – 420201-01

Tuesday June 28 - August 16
(8 weeks) 6:30-7:15pm
\$75.00 resident/\$85.00 non-resident

CLASS II – 420201-02

Tuesday June 28 - August 16
(8 weeks) 7:15-8:00pm
\$75.00 resident/\$85.00 non-resident

CLASS I – 420201-03

Thursday June 30 - August 18
(8 weeks) 6:30-7:15pm
\$75.00 resident/ \$85.00 non-resident

CLASS II – 420201-04

Thursday June 30 - August 18
(8 weeks) 7:15-8:00pm
\$75.00 resident/ \$85.00 non-resident

Class I

Are you afraid of the water? Did you not have the opportunity to learn how to swim? Then this class is for you. Lessons will take place in our small round instructional pool, which is three and a half feet deep. In the security of this pool you will learn to feel comfortable in the water, float on your back and front, put your face in the water, begin to learn the front and back crawl, and many other skills.

Class II

This class is for you if you can swim 25 yards, are comfortable over your head, and need to work on your skills. If you would like to swim for exercise but tire after a couple of laps this class will help you become more effective with stroke improvement. The better your strokes the less energy you will expend. Come take this class and learn to enjoy the time you spend swimming.

Aqua Aerobics

Whether you are new to exercise, or in peak physical condition, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints.

These deep water classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals. Aquatic exercise is safe, fun, and effective!

Instructor: Michelle Deutsch.

Monday & Wednesday

6:00- 7:15 pm420301-01

\$80 Resident / \$90 Non-Resident
June 27th – August 17th
(8 weeks)

Aqua Zumba

Aqua Zumba is the “pool party” workout for all ages. It is a class that integrates a fun, challenging and effective water-based workout converting the Zumba land-based exercise system into traditional aqua-based conditioning program. Due to the resistance and buoyancy of the water, the dance-based movements are executed in a slow than normal tempo. Still, the exercises are intense yet safe.

Instructor: Allison Mooreland

Wednesdays

5:30-6:15 pm.....420801-01

\$80 Resident / \$90 Non-Resident
June 29th – August 17th
(8 weeks)

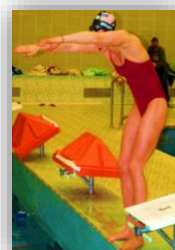
Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 5 competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke, and breaststroke. The larger the group, the more motivation to improve. **So come swim!**

Tuesday & Thursday420401-01

June 28th– August 18th 6:15-7:30 am
(16 sessions)
\$80 Residents / \$90 Non-Residents
Coach: Greg Rubin

ADULT SWIM





Adult Cardio Classes

Iaido

Ages 18 and over Iaido, the way of the sword, is the art of drawing and using the traditional Japanese sword. Our group practices Muso Jikiden Eishin-Ryu Iaido, the most widely practiced style of Iaido and the second oldest martial art form in Japan.

Today, Iaido is practiced to develop mental discipline, awareness, and physical harmony. This is achieved through diligent practice and control of body and sword movements. Classes focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. This is emphasized by fostering a sense of camaraderie in a collegial and friendly atmosphere. For detailed information please visit our school website at www.bostoniaido.com; or, by email at bostoniaido@yahoo.com.

Monday and Thursday

7:15-9:15pm

(See above for registration details)

VINYASA YOGA

Vinyasa means "breath-synchronized movement" and in this dynamic practice, students will focus on linking powerful breath with energetic and mindful movement to create a series of asanas (poses). In a vinyasa yoga class students will awaken their power, balance, energy, and flexibility in a fun, non-judgmental atmosphere.

Monday.....420502-02

June 27 - August 15 (7 Weeks)

Closed July 4th

7:00-8:00pm

\$70 resident/\$80 non-resident

Instructor: Melissa Costello

Zumba

Is the exhilarating class that combines dance and aerobics. You'll burn 400-700 calories in one hour of fun! This class feels more like a party than a gym workout. When you leave you'll feel happy and energized. Beginners and all age adults, shapes and sizes are welcome. All you need is a fun loving attitude and a desire to move.

Tuesdays.....420702-01

June 28 - August 16 (8 Weeks)

7:00-8:00pm

\$80 resident/\$90 non-resident

Instructor: Falxa

Adult Tennis

Beginner Tennis

420101-01 – Thursday

7:00-8:00pm

June 30 – August 18

(8 weeks)

\$75 Residents / \$85 Non-Residents

This class is for students with no previous experience or limited experience.

Intermediate/Advanced Tennis

420102-01 – Thursday

8:00-9:00pm

June 30 – August 18

(8 weeks)

\$75 Residents / \$85 Non-Residents

Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying.

Coed Volleyball

(Pick up)

Ages 18 and above

Friday, 7:00 - 9:00pm

\$7 (2 hour session)

Last Day August 19



SENIOR AQUA

These classes are available to students ages 55 and over. Please follow the registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics.
\$35 once a week | \$50 twice a week \$65 three times a week.

CLASS OPTIONS

Monday, Wednesday & Friday

430101-01

4:00 - 5:00pm

Monday & Wednesday

430101-02

4:00 - 5:00pm

Monday

430101-03

4:00 - 5:00pm

Wednesday

430101-04

4:00 - 5:00pm

Friday

430101-05

4:00-5:00pm

DATES CLASSES ARE HELD

Monday Wednesday Friday

June 27 June 29 July 1

7/4 closed July 6 July 8

July 11 July 13 July 15

July 18 July 20 July 22

July 25 July 27 July 29

Aug 1 Aug 3 Aug 5

Aug 8 Aug 10 Aug 12

Aug 15 Aug 17 Aug 19

Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety. Thank you for your cooperation. **Although you may miss a class it still must be paid for. There are no make-ups for classes you miss. Please come to classes only on the day(s) you have registered for.**

Pool Schedule



Children's fee must be paid from birth - 17 years.

Senior Citizen rates are for those 55 and over as well as participants with a disability with suitable documentation.

Lap swim may be impacted from time to time for regularly scheduled swim meets.

Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID accepted.

A couple constitutes two people living at the same address. Proof must be shown by both participants.

To purchase a family ticket all family members must have proof they live at the same address.

To receive the resident rate on any activity proof of residence must be shown. Proof of residence is a valid MA Drivers License or ID, utility bill, or rent receipt. This is all that will be accepted.

Please be aware that our pool is a shared space and this schedule may shift as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult AM Lap Swim 6:15-7:45 am	Master's Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:45 am	Master's Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:45 am	
Senior Aqua 4:00-5:00 pm		Senior Aqua 4:00-5:00 pm		Senior Aqua 4:00-5:00 pm	
Family Swim 5:30 8:30 pm (lap pool not available)	Family Swim 5:30 8:30 pm (lap pool not available)	Family Swim 6:30 8:30 pm (lap pool not available)	Family Swim 5:30 8:30 pm (lap pool not available)	Family Swim 5:30 8:30 pm (lap pool not available)	Children's Swim Lessons 10:00 am – 11:30 pm
Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 6:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	
Aqua Aerobics 6:00-7:15 pm	Adult swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm	Aqua Zumba 5:30- 6:15	Adult swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm		Family Swim 12:00 – 4:00 pm
	Adult swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm	Aqua Aerobics 6:00-7:15 pm	Adult swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm		Adult Lap Swim 12:00 – 4:00pm

Resident

Resident	Pool	Weight & Cardio Room	Combo Weight Cardio Pool
Single Visit Child	\$1.00	N/A	N/A
Single Visit Adult	\$5.00	\$5.00	\$5.75
Single Visit Senior	\$2.00	\$2.00	\$2.75
Single Visit Couple	\$6.50	\$6.50	\$7.00
Single Visit Family	\$7.50	N/A	N/A
10 Visit Adult	\$45.00	\$45.00	\$55.00
10 Visit Senior	\$17.00	\$17.00	\$25.00
10 Visit Couple	\$60.00	\$60.00	\$70.00
10 Visit Family	\$70.00	N/A	N/A
24 Week Adult	\$165.00	\$165.00	\$185.00
24 Week Senior	\$55.00	\$55.00	\$75.00
24 Week Couple	\$190.00	\$190.00	\$205.00
24 Week Family	\$205.00	N/A	N/A
48 Week Adult	\$215.00	\$215.00	\$255.00
48 Week Senior	\$80.00	\$80.00	\$95.00
48 Week Couple	\$305.00	\$305.00	\$355.00
48 Week Family	\$355.00	N/A	N/A

SPECIAL: Family Swim will Cost **\$1.00 per person** per visit.



Non-Resident

Non-Resident	Pool	Weight & Cardio Room	Comb o Weight Cardio Pool
Single Visit Child	\$1.00	N/A	N/A
Single Visit Adult	\$6.00	\$6.00	\$6.50
Single Visit Senior	\$2.25	\$2.25	\$3.00
Single Visit Couple	\$7.50	\$7.50	\$8.00
Single Visit Family	\$9.00	N/A	N/A
10 Visit Adult	\$55.00	\$55.00	\$65.00
10 Visit Senior	\$21.00	\$21.00	\$35.00
10 Visit Couple	\$70.00	\$70.00	\$80.00
10 Visit Family	\$80.00	N/A	N/A
24 Week Adult	\$185.00	\$185.00	\$205.00
24 Week Senior	\$80.00	\$80.00	\$105.00
24 Week Couple	\$205.00	\$205.00	\$230.00
24 Week Family	\$230.00	N/A	N/A
48 Week Adult	\$235.00	\$235.00	\$280.00
48 Week Senior	\$105.00	\$105.00	\$125.00
48 Week Couple	\$330.00	\$330.00	\$380.00
48 Week Family	\$405.00	N/A	N/A



**SIGN ups for
Fall begin
July 13th!**

Throw your Birthday party at the War Memorial Pool

Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Time of rental listed below:

Friday

5:30 - 8:45

Saturday

2:15 - 4:45

Sunday

1:30 - 4:45

The fee is \$60 for a pool party. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather. If you cancel a party, we must have a month's notice or you will not receive a credit. Rules will be provided on your receipt. Parties are not available from July 1 - September 1. Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online. For online registration please visit www.cambridgema.gov/dhsp, click "On-Line" registration. If you haven't already registered you must create a user ID and password to begin shopping for party dates. If you cannot access a date then it is unavailable.

**For more information please call
617 349-6237**

Program Name: _____

Child's Name: _____ **Child's Name:** _____

Address of Child/Children: _____

Family Information:

1. Parent/Guardian Name: _____ **Social Security:** _____
Address: _____ **Home Phone:** _____
Place of Employment: _____ **Work Phone:** _____

2. Parent/ Guardian Name: _____ **Social Security:** _____
Address: _____ **Home Phone:** _____
Place of Employment: _____ **Work Phone:** _____

Income Information

***Proof of Residency and documentation of income must accompany this application. Please report the income of ALL adults in household. Failure to do so, without holding information, under reporting income, or submitting false information will result in disqualification of your scholarship request.**

Total number in Family: _____ **Number of adults:** _____ **Number of Children:** _____
Wage Earner #1 **Gross weekly income** \$ _____
Wage Earner #2 **Gross weekly income** \$ _____
Other Family income (monthly)

WIC ☐ **Welfare** ☐ **Child Support** ☐ **Rents** ☐ **Alimony** ☐ **Unemployment** ☐ **Other** ☐

Total Monthly Income: \$ _____

***All of the above information for each adult in the household must be documented in writing.**

Have you been awarded a DHSP scholarship in the past? Yes _____ No _____

If yes, when? Year: _____ Amount _____ Program _____

Are all adults working? Yes: _____ No _____

*** I state UNDER THE PENALTIES OF PERJURY that the above information is true and accurate to the best of my knowledge.**

Parent/ Guardian Signature: _____ **Date:** _____

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2015 and June 30, 2016. Mail in your completed scholarship registration form, scholarship request form and a copy of your 2015 tax return.

Please do not send a check at this time. If you receive a scholarship you will be requested to pay when your confirmation is received and at that time you will be required to send a check to the War Memorial (made payable to the City of Cambridge). Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration. Scholarship applications may only be made during mail registration.

Mail to: Adam Corbell * Summer Registration * 51 Inman Street * Cambridge MA 02139

Registration

How to register

By Mail

Registrations can be mailed. A postmark is required (no hand delivery please). Please mail registrations to:

Adam Corbeil
Summer 2016 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins on June 6th. All forms are processed in the order they are received and classes often fill up. Mailing in your registration does not guarantee a spot on our enrollment.

On the Web

The most effective way to register is by visiting our website at:

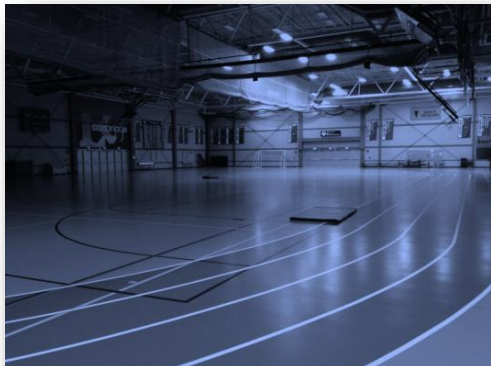
www.cambridgema.gov/dhsp

For more information about registering on-line please reference the inside cover of this brochure.

Walk-in

Walk-in registration begins June 13 Please feel free to stop by from the hours of 3:30 to 8:30 pm Monday – Friday and 12:30 – 4:30 on Saturday and Sunday. Please take note of the days in which the Center is closed for Holidays listed on the Table of Contents in this brochure before coming in. Our front desk is located behind Door 15 of the Rec. Center located at 1640 Cambridge MA.

Cash, checks and credit cards are accepted for walk-in registration.



Registration Form (please print)

Head of Household (please print)

Last Name	First Name	Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>
Address		
City/Town		Zip Code
Home Phone	Cell Phone	Work Phone
Emergency contact/Name		Contact Number
Email address for notification purposes		
<input type="checkbox"/> Cambridge Resident	<input type="checkbox"/> Non-resident	<input type="checkbox"/> Change of Address

Child Participant

Child's Name		Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>	
Age	DOB		
Class Code			
Title	Day	Time	Fee
Class Code			
Title	Day	Time	Fee

Adult Participant

Name:	Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>		
DOB			
Class Code			
Title	Day	Time	Fee
Class Code			
Title	Day	Time	Fee

Second Choice if Class is Full

Title	Day	Time	Fee
-------	-----	------	-----

Participant Signature (parent/guardian signature if participant is under 18 years of age)

Date:

Media Release:

I do ☐ I do not ☐ give permission to the City of Cambridge and War Memorial Recreation Center to use photographic and video reproductions for publicity purposes

Registration

Additional Information

Confirmations will be mailed as soon as registrations are received.

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It makes the enrollment process go smoother. If you have changed your address since the last time you registered, please let us know.



Registration Form (please print)

Head of Household (please print)

Last Name	First Name	Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>
Address		
City/Town		Zip Code
Home Phone	Cell Phone	Work Phone
Emergency contact/Name		Contact Number
Email address for notification purposes		
<input type="checkbox"/> Cambridge Resident	<input type="checkbox"/> Non-resident	<input type="checkbox"/> Change of Address

Child Participant

Child's Name		Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>	
Age	DOB		
Class Code			
Title	Day	Time	Fee
Class Code			
Title	Day	Time	Fee

Adult Participant

Name:	Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>		
DOB			
Class Code			
Title	Day	Time	Fee
Class Code			
Title	Day	Time	Fee

Second Choice if Class is Full

Title	Day	Time	Fee
-------	-----	------	-----

Participant Signature (parent/guardian signature if participant is under 18 years of age)

Date:

Media Release:

I do ☐ I do not ☐ give permission to the City of Cambridge and War Memorial Recreation Center to use photographic and video reproductions for publicity purposes.

Honored Veteran

WAR MEMORIAL RECREATION CENTER



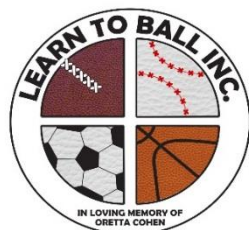
One from our Wall: John E Attridge

(June 4th 1894 – to September 12th 1918)

John E. Attridge was a Veteran of World War I, Cambridge High & Latin Alumni and resident of East Cambridge. Though he was taken by the War, his memory resides on the Wall of Honor in our War Memorial Hall. Your Legacy will live forever.

Salute!

NEW!!!
SEE PAGE:5



City of Cambridge

Department of Human
Services Programs

Recreation Department
51 Inman Street
Cambridge, MA

E. Denise Simmons

Mayor

Marc C McGovern

Vice Mayor

City Counsel

Dennis J. Carlone

Leland Cheung

Jan Devereux

Craig A. Kelley

David P. Mayer

Nadeem A. Mazen

Timothy J. Toomey, JR.

Richard C. Rossi

City Manager

Lisa Peterson

Deputy City Manager

Ellen Semonoff

*Assistant City Manager,
Human Services*

